

# ShopTalk

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Editor, Mario Iván Oña, x4-6803

## Holiday Recap

Now or not, Christmas or Hanukkah, the daily miracle on 15th Street (and the Springfield and College Park Plants) continued throughout the holiday season. Apart from the news writers to the newspaper distributors and everyone in between doing what they do best, The Post also raised money during its annual “Be an Angel” campaign, participated in La Feria de La Familia Latino festival

the Northwest Building.

The season got into full swing on Dec. 13 when the Urban Nation H.I.P.-H.O.P. (Hope Integrity, Power - Helping Our People) Choir of Washington, D.C., along with its talented leader and CEO, Rickey Payton Sr., performed



PHOTO - ANIKA HARDEN

Safe Shores Executive Director Michele Booth Cole receives the money collected during The Post’s annual “Be an Angel” campaign from Vice President Lionel Neptune, Affiliates and Community Development.

preprehensive, team-based approach to these difficult cases. Each year, some 900 children and their families come to Safe Shores and receive a variety of critical support services free of charge. To learn more, please visit [www.safeshores.org](http://www.safeshores.org).

On Dec. 28, Vice President **Lionel Neptune**, Affiliates and Community Develop-

ment, presented over \$3,000 collected in the form of checks, cash and gift cards to Booth Cole. Public Relations’



PHOTO - AURORA GONZALEZ

**Emil Robinson**, Public Relations, dives head first to retrieve donations made during the “Be an Angel” campaign, as Vice President Lionel Neptune provides moral support, as well as support to the donations bin lid.

and hosted PostPoints members to meet Post editors and writers during the “Spirit of the Holidays” celebration at

various holiday selections, starting on the ninth floor and working their way down to the main level. Apart from decking the halls with boughs of jolly and all that jazz, they helped promote the “Be an Angel”

campaign in the Multipurpose Room, which was open to Post employees and PostPoints members.

After **David Jones**, Public Relations, encouraged the crowd to make a donation, he introduced Executive Director Michele Booth Cole from Safe Shores, the beneficiary of the

“Angel” campaign. She said, “It’s wonderful and inspiring to see these young folks singing and smiling [referring to the choir]. Unfortunately, in my line of work, our kids... [her voice cracking] don’t get to smile too often. Thank you so much for your generosity.”

Safe Shores is a non-profit organization that works to reduce trauma and promote healing for children who are victims of abuse and witnesses to violent crime in D.C. and to facilitate case investigations. Safe Shores provides a child-friendly facility and coordinates a child-focused, com-



**Aurora Gonzalez**, Public Relations (left), and **Alberto Avendaño**, editorial director of *El Tiempo Latino* (right), present two of the four raffled tickets to see Alejandro Sanz during La Feria de la Familia.

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# Photojournalism 101

**O**n Dec. 5, Post photographer **Mark Gail**

taught a workshop on photojournalism to students. Over 32 students, teachers and parents from 11 area high schools attended the event, sponsored by the Young Journalist Development Program (YJDP).

**Athelia Knight**, YJDP director, said, “The goal of the workshop was to give student photographers some tips and advice on how to take interesting and appealing



PHOTO - FRANK TATE

(Front to back) Baja Poawui, Duval High School (Md.); Deon Washington and Kellen Stuart from Fairmont Heights High School (Md.); and Christopher Johnson, Sandy Spring Friends School (Md.), listen intently to Post photographer **Mark Gail**. Photo was taken by student photojournalist Frank Tate, Theodore Roosevelt High School (D.C.).

photographs for their school papers.”  
Gail showed slides of

some of his photographs and offered suggestions on persuading “reluctant subjects” to be photographed, Knight said. Gail also gave some tips on taking interesting photos of routine events. He then critiqued and provided feedback to some of the students’ photos.

Operating on the principle of hands-on experience, Theodore Roosevelt High School newspaper adviser Maurice Butler had his three student photographers—Darnell Lee, Shamika Lyons and Frank Tate—take photos during the

workshop (two of their photos are published here). ■



PHOTO - SHAMIKA LYONS

Post photographer **Mark Gail** leads up a photo workshop to high school students as part of the Young Journalists Development Program. Photo was taken by student photojournalist Shamika Lyons, Theodore Roosevelt High School (D.C.).

# The Post Running (Biking and Swimming) Man



COURTESY OF ASHLEY HALSEY

Accomplished triathlete and Associate Metro Editor **Ashley Halsey** in his natural habitat (when he’s not red-inking behind a desk).

**H**e can run. He can swim. He can bike. He can break. He can get back up and run, swim and bike all over again. Associate Metro Editor **Ashley Halsey** participated in 15 races including the Ironman Triathlon and the 2007 Duathlon World Champi-

onships. And that’s just in 2007! Although his achievements are remarkable without any embellishment, what makes his competitive spirit even more inspiring is that in 2006 he had a serious bike accident that could have made it difficult for him to walk, let alone get back to

competing in triathlons.

Despite crushing his left hip, now “held together by a steel plate and several long screws,” as he explains, he competes at a “masters” level in bike races, triathlons and duathlons (running, biking and running).

He has competed as a member of Team U.S.A, the national team, in two duathlon world championships. The first duathlon in Hungary was called a “short-course,” with a total of nearly 34 miles with all three distances combined. He finished 14th. The second “long course” duathlon in the

U.S. was a total of almost 66 miles, with 50 miles of biking and two runs totaling almost 15 miles. He finished 11th.

Halsey also competed in three “half-Ironman” competitions this year and finished 6th, 3rd and 23rd. And when he’s not editing away or competing himself, he’s a certified triathlon coach who runs a program that trains city kids from Annapolis.

Here is a link to all of his 2007 races: <http://www.athlinks.com/myresults/13169942/Ashley-Halsey.aspx>



COURTESY OF ASHLEY HALSEY

An X-ray reveals Ashley Halsey’s key to success: a bionic hip. Actually, it’s the “hardware installed” after a bike crash in July 2006.

**Aurora Gonzalez, Tito Tolentino, Emil Robinson** and **Anika Harden** were also on hand to help load a van full of donated items that included toys, clothing and books. Of note, in the remaining three days of the campaign the large donation bins were filled and the van had to make another pick up.

The Post and El Tiempo Latino also teamed up on Sunday, Dec. 16, to greet passersby during the annual La Feria de la Familia or the Fair of the Family. Post volunteers including **Ever Dinarte** (Advertising), **Ed Guzman**

(News), **Mildred Nicaragua** (IT), **Marcela Sanchez** (News) and Gonzalez's son, Bryan Cordova, and Tolentino's son, Johnathan Tolentino, led by Gonzalez and Tolentino distributed thousands of Post logo-emblazoned pencil kits, pens, bags, posters, crayons and hundreds of copies of the 2006 Post "In the Community" pamphlets (Spanish version, "En la Comunidad").

El Tiempo Latino's editorial director, Alberto Avendaño, and sales director, Zulema Tijero, and their volunteers also helped promote their respective Spanish language newspaper by raffling tickets to see Alejandro Sanz in concert.

Gonzalez said, "This is the most important Latino event in the community at which The Post now has a strong physical presence. We really wanted The Post to be well represented and with our wonderful volunteers and El Tiempo Latino by our side, we accomplished that."

A few weeks before going into complete holiday mode, The Post invited its PostPoints members to stop by on Dec. 6 and meet with editors, writers and various other Post personalities, including Ned the Newshound and the ubiquitous PostPoints mascot. During the event and immediately following the event, attendees

thanked The Post and already began asking about the next opportunity.

Select area retailers who also participate in PostPoints by offering points to members who shop at their stores or purchase their products were also present to display holiday gift ideas and provide some free goodies.

As if the "daily miracle" of putting out a quality newspaper every single day—rain or shine—wasn't miraculous enough, it is evident that when it's time to give back to the community, The Post and its employees do not stop to take a breather even during the holidays. ■



Columnist **Marcela Sanchez** greets passersby of all ages during La Feria de la Familia at the D.C. Armory.



Urban Nation, Inc. CEO **Rickey Payton, Sr** accompanies on the keyboard, as his Urban Nation H.I.P.-H.O.P Choir sing holiday classics. They started on the ninth floor of the Northwest Building and worked their way down to the Multipurpose Room, where they helped kick-off the "Be an Angel" campaign.

Post electrician **David Ross** sings along with the Urban Nation Choir, **Rickey Payton** and **Ned the Newshound** (played by **Tito Tolentino's** son **Johnathan Tolentino**).



The Urban Nation Choir form a conga line with Post employees during the grand finale in the Multipurpose Room. Apart from bringing the holiday spirit to the employees, the Public Relations department also used the celebration to let Post employees know about the annual "Be an Angel" campaign. The campaign's beneficiary for 2007 was Safe Shores.



Celebrity Sports columnist **Tony Kornheiser** takes a photo with young fan **Tyler Lavigne, 9**, during the PostPoints "Spirit of the Holidays" meet and greet celebration. When Lavigne's mother told Kornheiser that Tyler never misses Kornheiser's popular ESPN show, "Pardon the Interruption," Kornheiser jokingly said, "Well, my show is on right now." Mom quickly responded, "We're TiVoing it!" Vintage Tony.



**Elizabeth** (left), 8, and **Emily Shaw**, 11, take a photo with **Ned the Newshound** (played by **Tito Tolentino's** son **Johnathan Tolentino**) during the PostPoints "Spirit of the Holidays" event.



**David Jones**, Public Relations, and **Genisha Saverimuthu**, Marketing, and their respective teams worked together to set up the PostPoints holiday event.

## 2008 Post Calendars Available Now



Give the gift that can be used 365 days out of the year! The 2008 Post calendars are now available for only \$2. Pick them up at the Print Shop (second level, near cafeteria) while supplies last.

### 2008 Post Holidays

The Post will observe the 2008 holidays on the following dates\*:

**Jan. 1, 2008** - New Year's Day

**Jan. 21, 2008** - Martin Luther King Jr. Birthday

**Feb. 18, 2008** - President's Day

**May 26, 2008** - Memorial Day

**July 4, 2008** -

Independence Day

**Sept. 1, 2008** - Labor Day

**Nov. 27, 2008** -

Thanksgiving Day

**Dec. 25, 2008** -

Christmas Day

**Jan. 1, 2009** - New Year's Day

\*Dates may vary according to department, employment status or job position.

### Thank You!

ShopTalk would like to thank the following people for assisting in producing and distributing all 41 issues of the newsletter in 2007: Lianne Liang (Liang Publication & Production Services);

**Madonna Rabatin, Germaine Holt** and **Harold James**, Printing Services; **Sydney Glass**,

**Eric Grant, Toby Hansen, Lauren Hoffman, Carrie Morse, Aurora Gonzalez, David Jones, Janell Muhammad, Emil Robinson, Ruben Rodriguez, Tito Tolentino** from Public Relations (proofreading, editing, taking photos and distributing); Green Door (distribution); Action Courier; Vice President **Trish Dunn**; Vice President **Eric Lieberman**; Vice President **Lionel Neptune**; Vice President **Mary Ann Werner** and every Post employee that's pitched a story idea, made a recommendation or provided a critique.

### Organizational Development and Training Catalog Now Available

The January through June 2008 Organizational Development and Training Catalog of Services is now available on Intranet. The catalog includes: An overview of the OD&T strategy, course descriptions, course schedule and contact information.

To download the catalog,

go to *Intranet* and click on Human Resources/Organizational Development and Training/2008 OD&T Catalog of Services. Printed copies of the catalog are being distributed starting on Jan. 7.

To register for courses, please follow the steps listed below:

1. Log on to *WPONet* at <https://ess.wponet.com>
2. Click "My Training" on the left navigation bar. The Post Learning Center home page will open.
3. Click "Click here to register for instructor-led courses."
4. Follow the on-screen registration instructions. Then click "Enroll."

Contact [ODandT@washpost.com](mailto:ODandT@washpost.com) or at x4-5425 for more information.

### Fit Shape 2008

The Fitness Center will offer three free fitness classes during the month of January: yoga with instructor Viviana Chieme, akido with instructor Michael Veltri and hip-hop aerobics with Emily Arden. Classes are open to all

employees and contractors. Description of the classes will be posted on Intranet. Classes began on Jan. 7. Please contact the Health Center at x4-7192 to register.

**Akido:** Tuesdays,  
12:30 - 1:30 p.m.

**Hip-Hop:** Thursdays,  
1:30 - 2:30 p.m.

**Yoga:** Mondays and Fridays,  
8:00 - 8:30 a.m.\*

**Yoga/Pilates:** Wednesdays,  
6:00 - 7:00 p.m.

\* Class time may be subject to change.

### Recognize Your Employees or Colleagues in ShopTalk

ShopTalk can be a tool for any Post manager or supervisor to highlight the achievements of an employee or a colleague. Please submit the name of anyone who has been promoted or achieved something important in their job or community. Send an email to [shoptalk@washpost.com](mailto:shoptalk@washpost.com) or [onam@washpost.com](mailto:onam@washpost.com). Include: person's name, department, job title and what they accomplished.

## Marketplace

**FOR RENT:** Condo in Columbia, Md. Two bedroom, 1.5 bath. Beautiful, bright, spacious rooms, two walk-in closets. Kitchen has sunroom and dining room combination. Updated bath. Freshly painted. Neutral colors. Close to shopping. Rent: \$1,250 plus utilities. Contact Rita at 410-963-6203 for showing.

**FOR SALE:** After Christmas sale! Get her a brand new stylish leather Playboy watch for \$100 or an elegant, silver Pamela Anderson watch with charms that comes with original box and papers for \$125. Also for sale, a never opened Garmin 330 GPS for \$250. Pictures available. Contact Nicole at x4-4937.

**FOR SALE:** New HP color ink cartridge #78. Sells for \$36 as single at Best Buy. Will sell for \$10.00. Contact Pat at x6-2240.

**NEW MARKETPLACE DEADLINE:** Close of business on Fridays. Please include your name, extension and phone number. Ads are for Post employees only. Send ads to ShopTalk, seventh floor, or call x4-6803. To send ads via fax dial x4-4963 or to email send to [shoptalk@washpost.com](mailto:shoptalk@washpost.com) or [onam@washpost.com](mailto:onam@washpost.com). Ads run for two issues unless otherwise requested. ShopTalk reserves the right to publish and edit all ads.